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You Live the Life You Want to Live: The Art of Being Happy Create the Life You Want: How to Be Happy, Feeling Good, Self Esteem, Positive Thinking (Paperback)

By Vanessa Angel

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Perception and thinking are the most powerful tools available to a human being. Healthy thinking is a path to success and health and improving the quality of life. The future becomes a reality when a person starts implementing positive thinking. In other words, be optimists! Today only, get this Paperback book for just \$17.99. Regularly priced at \$24.99. Scientists from different countries made a conclusion that optimists live longer than pessimists, they have fewer diseases and feel the pain weaker. But how this can be explained? Why positive attitude strengthens our health? Hardly anybody would deny that physical activity and proper nutrition, arguably, take the first place among drug-free methods of healing. But even if you can't stand diets and can't get along with sports very well, there still might be hope for your health! According to scientists, cheerful temper and a belief in a brighter future can strengthen your body and hold up the old age because optimism doesn't simply protect your nerves - Moreover, it strengthens the immune system, repels bacteria and allays pain. In one...



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